

How to Access Free GYN services

Girls, do you know when to start getting regular gynecological exams? Gynecology is the branch of medicine concerned with the health of female organs and reproduction. If you're not sure when to start getting these exams, you first need to look at your health and sexual history.

Make an appointment TODAY, if:

- You are 18 years old or older and you have never seen the gynecologist (GYN). If you have never had sex and don't have any health problems, the doctor might decide not to do a pelvic exam or Pap test until later on. You need to start getting regular Pap tests by age 21, even if you are not sexually active.
- You are younger than 18, you're sexually active and you've never seen the GYN. You should start getting Pap tests soon after you start having sex. HPV is a sexually transmitted disease (STD) that causes most forms of cervical cancer. Your risk of getting HPV goes up 15 percent with every new sexual partner you have. Only a Pap test can detect HPV. Your doctor can also test for other STDs when you go for your exam.

If you are younger than 18, you might need to see a GYN if you ever have:

- Unexplained pain in your lower belly or around the pelvic area, where your vagina is;
- Vaginal discharge that causes itching, burns or smells bad;
- No menstrual periods by age 16;
- Vaginal bleeding that lasts more than 10 days;
- Missed periods - especially if you are having sex;
- Menstrual cramps so bad that you miss school.

Don't put off getting a



GYN exam because you are embarrassed. As a TennCare member, you can get FREE GYN services by seeing a doctor in your network. Find doctors in the network by:

- Looking through the provider directory,
- Searching the provider listing on vshptn.com, or
- Calling Customer Service. For BlueCare members -

1-800-468-9698. For TennCareSelect members - **1-800-263-5479.** It's a free call. Also call Customer Service if you need help making a doctor's appointment or need a ride to the doctor. Don't forget to show your health care ID card when you go to the doctor.

Source: Center for Young Women's Health (General Hospital Boston) and Centers for Disease Control and Prevention)

Just for You

1 Cameron Hill Circle
Chattanooga, Tennessee 37402
www.TeenHealthExplosion.com

Para información acerca de TennCare en español llame al 1-866-311-4290. No one is treated in a different way because of race, color, birthplace, language, sex, age, religion or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000. For more information about interpretation and translation services, which are free to the enrollee, call 1-800-468-9698.

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Chance to Win

\$100 Gift Card

What would you buy with a \$100 Wal-Mart gift card? School clothes, CDs, athletic equipment, electronics? This could be your decision if you're the lucky winner.

How to become eligible to win

Just get your TENNderCare well-care checkup from your doctor or health clinic before September 30, 2009.

Two ways to enter

1. Call us at **1-800-333-3819**. Tell us when and where you received your well-care checkup and the name of the doctor who did your checkup.
2. Or fill out this form. Cut this page out of the newsletter. Fold into thirds with the address on the outside. Tape shut. Drop in the mailbox.

We'll put your name in the drawing for the gift card.



Fold bottom up to this line

Remember, the checkup is **free** for TennCare members under the age of 21. And a yearly checkup is important – even if you're feeling well. It also gives you a chance to ask your doctor about any of your questions or concerns. Summer is a great time to get your checkup before school starts.

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Just for You

For BlueCare and TennCareSelect members under age 21



Checkups Are Important for Older Kids, Too!

Did you know that **all** children over the age of 3 should get a checkup every year? Even teenagers need a checkup at least once a year. Many older children and teenagers do not get a yearly checkup. But these checkups are really important. They allow the doctor or nurse practitioner to make sure you are growing and developing well. It is also a good time to talk about how to stay safe and how to make healthy choices.

School will be starting back soon. Many kids will need sports physicals.

This is a great time to see your doctor or nurse practitioner for a checkup. They can sign the forms needed for sports **and** do the regular checkup at the same visit. Your primary care provider has special training to talk with you about ways to be safe and stay healthy while playing sports.

Getting a checkup every year is one of the best things that you can do to stay healthy for life. Call today to set up an appointment and transportation.

BlueCare
TennCareSelect

TENNder CARE
Check In Check Up Check Back
TENNESSEE'S EPSDT PROGRAM

Para información acerca de TennCare in español, llame al 1-866-311-4290.

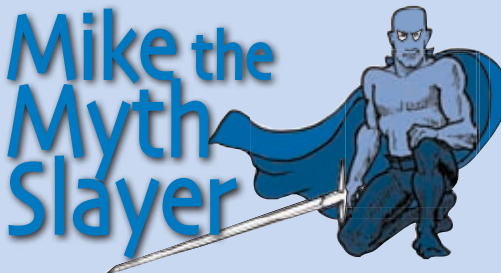
3rd Quarter 2009

Free Services

As a BlueCare or TennCareSelect member, you can get the following free services:

- Information on FREE interpretation and translation services
- TENNderCare information in an audio or Braille format, if needed
- A ride (if you need one) to your doctor or health department

Just call: **1-800-468-9698** if you are a BlueCare; member **1-800-263-5479** if you are a TennCareSelect member. (If you are in foster care and need a ride to your doctor, call 1-866-311-4287.)



Myth:
Tanning clears up acne.

Fact: A tan might cover up acne for a while. But sun exposure can actually cause breakouts to get worse in the long run. What's more, tanning can cause premature aging and skin cancer. To protect yourself from the sun's harmful rays, always wear sunscreen of SPF 15 or more. Read the label. If it says noncomedogenic or nonacnegenic, it won't clog your pores.

Coping with the Death of a Loved One

In your teen years, you may experience the death of a loved one for the very first time. It can be hard to know how to feel or how to act during this time.

You might first look to your family for cues on how you should act and feel. Sometimes, parents or other family members will try to “be strong” for you. You might not see them cry or look for comfort. When you see them hiding their true feelings, you might think you are expected to bury your grief. Or, if your parents do break down and cry, you might not be sure how to deal with it. It might be scary for you, or you might think you have to be strong for them.

You should know that you are not expected to act any certain way when you suffer a loss. We all react to grief in different ways. Here are some common reactions to death. You need to know that it is OK and normal if you feel:

Numbness, shock and disbelief—You might say, “I don’t believe it,” or “it can’t be true.” This is a normal reaction – especially when the loss is sudden.

Anger, frustration and rage—it is common to feel angry with the world, the doctor, the person who died or yourself. When life seems unfair, it’s normal to look for someone to blame.

Depression, emptiness and loneliness—you might feel so sad and empty you say, “I don’t want to live anymore.” It’s normal to feel this way for a while. But, a time will come when you will start to feel some happiness again.

While it’s normal to feel all these things for a time, there is also a point where you might need help. If you have a hard time dealing with daily life more than four months after your loss, it’s time to ask for help.

You can talk to your parents about seeing a doctor that can help you. TennCare pays for you to see a mental health doctor when you need help understanding and dealing with your feelings.

Source: “Talking with Teens About Death,” <http://urbanext.illinois.edu/grandparents/issue30/30b.html>



Dealing with Asthma Triggers

It’s hard being a teenager with asthma. If you wonder why you got asthma in the first place, the answer could be hard to pinpoint. There could be a combination of factors that caused you to develop asthma.

Genetics may play a role if you have:

- An inherited tendency to develop allergies
- Parents who have asthma

Then there are things that might have happened early in your life, such as:

- A severe respiratory infection during childhood,
- Coming in contact with certain airborne allergens, or
- Being exposed to some viral infections before your immune system was fully developed.

No matter how you got asthma, you need to learn how to cope with the symptoms and live a normal life. The key is learning your “triggers.”

A trigger is something you know causes you to have an asthma attack. When you learn what triggers your attacks, you can create a plan to avoid


or deal with your triggers.

- If smoke triggers your attacks, don’t smoke, and don’t allow others to smoke around you.
- If dust or mold triggers your attacks, keep your room clean and wash your sheets often.
- If a particular perfume or spray cleaner triggers your attacks, talk to your parents about switching products to something that doesn’t bother you.

The most common trigger for asthma attacks is something you SHOULDN’T avoid – exercise. Most people with asthma find that exercise triggers an attack. Don’t think this means you’ll never be able to play sports or exercise. Talk to your doctor. There are lots of things he or she can suggest to help you deal with attacks brought on by physical activity. With the right plan, you will be able to lead a normal, active life.

Source: Centers for Disease Control and Prevention





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